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MONTHLY

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

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FEATURE HOT, NUTRITIOUS SOUPS IN MEATLESS MEALS

When planning meatless meals, take a tip from grandmother's cookbook and feature a hearty piping hot soup for dinner once a week.

Serve it in a large bowl or soup tureen, ladling it out right at the table to encourage second helpings. Then serve a salad or a vegetable dish containing eggs, cheese, or other meat alternates. Top off the dinner with a custard dessert. That's a meal which is appetizing, nutritious, and easy on the red points. It's a meal all members of the family will enjoy.

Soups made with milk, or dry peas, or beans, or fish are good sources of protein. Dry pea soup, rich in protein, iron, and vitamin B₁, is a perfect soup for a meatless dinner, and dry peas are in abundant supply this month and may be used liberally.

USE LEFT-OVER VEGETABLE JUICES FOR APPETIZING SOUPS

In France where thrifty use of available foods has developed a world famous art in cooking, the soup pot has long been a national tradition. The French housewife keeps the castiron soup pot on the back of the stove and into it goes every usable scrap and bone--trimmings from roasts, bits of vegetables, vegetable liquors, chicken bones.

Take a leaf from the Frenchwoman's cookbook, and store vegetable liquors in an ice box jar to be used as a flavorful mineral-and-vitamin-rich soup stock.

Serve cream of asparagus and cream of spinach soup, using your own vegetable liquors. The added milk gives extra food value. If you have difficulty getting your family to drink their daily requirement of milk--one quart for each child, one pint for each adult--serve cream soups often, as they are excellent "milk carriers."

The following are menus built around soup which will provide a hearty meal when meat is scarce:

Menu No. 1

Fish chowder
Saltine crackers
Tomato, lettuce, and green pepper
salad with French dressing
Whole-wheat bread with butter or
fortified margarine
Lemon meringue pie
Milk

Menu No. 3

Cream of vegetable soup
Baked potato
Fruit and cottage cheese salad
Whole-wheat bread with butter or
fortified margarine
Spice cake, with maple frosting
Milk

Menu No. 2

Split pea soup, with toasted bread
squares
Mixed green salad with hard-cooked
eggs
Dark rye bread with butter or
fortified margarine
Raisin-rice pudding
Milk

Menu No. 4

Cream of potato soup with onions
Salad plate: American cheese and
bologna slices, cabbage salad,
and tomato wedge
Enriched bread with butter or
fortified margarine
Chocolate bread pudding
Milk

The following bulletins will be found helpful in planning family meals:

"Dried Beans and Peas in Wartime Meals," AWI-47.

"Potatoes in Popular Ways," AWI-85.

These publications may be obtained in limited quantities, without charge, from the Office of Information, Department of Agriculture, Washington 25, D.C.